

14 MAY 2015

Pass it on...

ADVISORY: POSTWIDE LANE CLOSURES

Postwide rolling lane closures begin May 1 and run through June 30 to conduct asphalt crack sealing. All crack sealing will occur during nights and weekends. Traffic control measures will be in place to safely redirect traffic. Affected roads are: Magrath, Barkeley, Minick and Weston avenues; Prussman, Nelson, O'Connell and Titus boulevards; Wallace, Ellis, Hogan, Khe Sanh, Smith, Quinn, Christy, Osan, Womack and Weston streets; Pershing, Irwin, Iron Fighter and Utah Beach drives; and the Motorcycle Training Parking Lot near Gate 4.

For more information, call the Directorate of Public Works Engineering Division at 526-9211.

ACS NEEDS ASSESSMENT SURVEY - THERE'S STILL TIME LEFT

FAMILY ADVOCACY PROGRAM
SOLDIER & FAMILY READINESS PROGRAM
EXCEPTIONAL FAMILY MEMBER PROGRAM
FAMILY ADVOCACY PROGRAM

OUTREACH SERVICES
MILITARY & FAMILY LIFE COUSLORS
MILITARY & FAMILY LIFE COUSLORS

ARMY COMMUNITY SERVICE

ACS NEEDS ASSESSMENT

— April 15 - June 17, 2015 —

Please take this brief survey.
armymwr.com/acs-survey

The Difference is YOU!

SURVIVOR OUTREACH SERVICES
ARMY EMERGENCY RELIEF

ARMY FAMILY TEAM BUILDING
EMPLOYMENT READINESS PROGRAM
MARKETING PROGRAM
MOBILIZATION & DEPLOYMENT

CARSON COLOR FEST AND COLOR RUN (FLYER)



**CARSON
COLOR FEST &
COLOR RUN**

MAY 16
Iron Horse Park

Color Run

- Race starts at 10:30
- Pre-register at Nelson Pool beginning April 27th
- Day of Race Registration - 10 a.m. \$2 Per Person; \$10 Family 5+
- 3 Years and Under are Free
- Bring Eye Protection and Towel

Festival

- Festival Ends at 3
- Kite making/flying
- Petting Zoo
- Live Entertainment and other activities
- Food and Beverage for sale
- No Pets
- Check website for FAQs

 More Events and Info at MWRFortCarson.com

 [CarsonMWREvents](#)
[CarsonDFMWR](#)

 Follow us!
[@CarsonMWR](#)

 Fort Carson Iron Horse Park
6751 Sheridan Ave., bldg. 1909

NEEDED: CYS SERVICES YOUTH SPORTS & FITNESS COACHES

So you're thinking about volunteering as a Youth Sports Coach? Here's what you should expect:

- Pass a background check which must be completed BEFORE working with our youth
 - Attend mandatory pre-season training (3 hours)
 - 2-3 hours per week for practices and games
- Communicate with the Youth Sports staff and the parents on your team
- An 8-week season of FUN!!!



Why volunteer as a Youth Coach???

- Discount on sports enrollment for your children
- Promotion points for active duty
- Volunteer hours for everyone
 - Build a resume
- Making a difference in the lives of the youth in our community
- Because it just feels great



INTERESTED???

Contact the Youth Sports office in the Youth Center (5950 Ware Street) to pick up your application or by phone, 719-526-4425, for more information.

EAGLE LAKE DAY CAMP (FLYER)

Sponsored by Fort Carson
Religious Support Office



July 27-31, 2015
0830-1600
Fort Carson, CO

Ages 7-12

heidi.a.mcallister.civ@mail.mil
719-526-5744

Registration Opens May 1, 2015 Space limited!

Worship & Fellowship

Bible Study

Games

Crafts

This camp includes: Bible study, small groups, worship, snacks, lunch and activities. To help off-set costs, there is a non-refundable, camp fee **PER CAMPER** of:

GS 01-04, E1-E4	\$5
GS 05-06, E5-E7	\$10
E8-E9	\$15
GS 07, W1-W3, O1-O3	\$15
GS 08+W4 +O4+	\$25

EAGLE LAKE CAMP HOST FAMILIES NEEDED (FLYERS)

EAGLE LAKE ON LOCATION

Host Families Part 1

The Host Family experience is one of the best examples of **life-on-life ministry** that we have ever been a part of! Sharing meals, attending community groups, and playing with the kids are just a few examples of how we become adopted family for a week. As our lives intertwine, a personal connection to the church body develops, and both the host families and our staff are blessed by the relationships formed throughout the week.

We need enough host homes for **25 staff members** (usually 7-9 homes depending on how many staff members each home can house). Each home should be willing to take a minimum of 3 staff.



WHAT ARE WE LOOKING FOR IN A HOST FAMILY?

- Our staff LOVE that each family is unique. We're looking for families that will invite us into their real lives (the kitchen doesn't have to be spotless and your pets don't have to be perfect).
- Families who are willing to provide a place of rest and encouragement for the staff.
- Sleeping space in bedrooms or finished basements. We try to get as many staff off the floor as possible during our summer travels.
- Housing from Saturday night through Saturday morning, depending on the location.
- Families who can provide **dinner on Sunday, Monday, Wednesday, and possibly Friday**. In general, staff will return to host homes by 5:30 pm on those evenings.
- **Breakfast daily**—Staff will need to eat breakfast before arriving on site at **7 am**.

All host families should fill out the **Host Family Questionnaire** (Resource B) and return it to the church office. Church staff can then upload it to Basecamp.



EAGLE LAKE ON LOCATION

Host Families Part 2

- We love when host families can **transport Eagle Lake staff** to the church in the morning (arriving at the church by 7 am). If you are not able to do this, let us know and we will work out the details. We will drop the staff off each evening after camp, so no need to worry about transportation back home!
- Our staff work hard and will get tired throughout the week! We ask that you use reserve **Wednesday evening** (after dinner) to be personal/alone time for our staff.
- We realize mornings are crazy (and our staff get up early) so please provide something quick and simple for breakfast. Cereal, bagels, fruit, etc. are great options and can be left accessible if you are not around (or not quite out of bed!)
- On Tuesdays and Thursdays, our staff will have staff gatherings, so they will be home later on those nights (usually by 8:30-9 pm).



Some favorite foods of Eagle Lake staff:

- Fresh fruit and veggies
- Anything grilled
- Mexican food
- Your family's favorite meal!

Read about one experience a host family had with Eagle Lake Staff...



“Last week “the girls” were here. Affectionately labeled so to differentiate from the boys who typically live here. We signed on to host three college girls who have been traveling I-29 all summer putting on a Jesus camp. And, as is typically the case when one thinks they are going to bless someone else, I was immeasurably blessed by these young women.

Jess, Emily, and EmJay moved in on Saturday night. I knew we would hit it off right away when Emily asked for crackers and nut and cheese. A girl after my son Daniel's heart! All of these girls fit so well with our family. They hung out with the boys on Pizza Movie night. I got to have conversations I don't normally get to have. We talked relationships, when you know it's love and how to be happy single. We talked about messy families—and how God works through us to heal them. We talked about fitting in and liking what God thinks more than others. We painted toe nails. We even got coffee.

At the end of the week, I cried when they left. Daniel has asked every day when “the girls” are coming back. I sure pray the Lord crosses our paths again someday.

”

All host families should fill out the **Host Family Questionnaire** (Resource B) and return it to the church office. Church staff can then upload it to Basecamp.

Since 1957
eaglelake
CAMPS

FULL MOON HIKE (FLYER)



The flyer features a large, bright full moon in a dark night sky with silhouettes of two hikers with backpacks and trekking poles. In the top right corner, there are two circular logos: one for CAPRA (Colorado Army Physical Readiness Activity) and another for U.S. Army MWR (Morale, Welfare, and Recreation). The title 'Full Moon Hike' is written in a large, elegant script font, with 'Full Moon' in yellow and 'Hike' in white. Below the title, the dates and times 'July 2 & July 30, 7 p.m. - 10 p.m.' are listed in white, followed by the word 'FREE' in a large, bold, white serif font. A row of five small footprints leads to the text 'Experience the Colorado Springs trails by the light of the full moon.' Below this, it says 'Please bring your own flashlight or headlamp.' and 'No sign-up required. Meet at Outdoor Recreation.' At the bottom, a blue banner contains contact information and social media links. The background of the flyer shows a silhouette of a mountain range at the bottom.

Full Moon Hike

July 2 & July 30, 7 p.m. - 10 p.m.
FREE

Experience the Colorado Springs trails
by the light of the full moon.

Please bring your own flashlight or headlamp.
No sign-up required. Meet at Outdoor Recreation.

Questions? Call 526-3907. To sign up call or come into ITR (719) 526-5366


 More Events and Info at
MWRFortCarson.com

 [FortCarsonAPE](#)
[CarsonDFMWR](#)

 Follow us!
[@FortCarsonAPE](#)

 Outdoor Recreation Complex
7093 Specker Ave. Bldg. 2429

GOLF SKILLS SERIES (FLYER)



Skills Series

Cheyenne Shadows Golf Academy

The Skills Series is designed to cover the skills that will lower your score the fastest. We will cover shots that you will face on the golf course every day. From Putting and Chipping to Pitching from 25 to 75 yards out. These are the shots that give everyone from the beginner to the tour players the most trouble. We will also cover bunker shots to native rough shots.

NOW ONLY \$99.00

Classes limited

Open to men and women

This package will concentrate on the scoring clubs.

6 lesson Package Includes

6 one hour group lessons at the Cheyenne Shadows Golf Academy

Practice tools- Alignment stick, putting alignment tool and short game CD's

Program

The Skills Series is designed to cover the skills that will lower your score the fastest.

We will cover shots that you will face on the golf course every day. From Putting and Chipping to Pitching from 25 to 75 yards out. These are the shots that give everyone from the beginner to the tour players the most trouble. We will also cover bunker shots, tight lies and native rough shots.

How to control your distance, launch angle and spin.

Dates & Times

April 11, 12, 18, 19, 25, 26	9:00
May 9, 10, 16, 17, 23, 24	9:00
June 13, 14, 20, 21, 27, 28	9:00
July 11, 12, 18, 19, 25, 26	9:00
Aug 8, 9, 15, 16, 22, 23	9:00
Sept 5, 6, 12, 13, 19, 20	9:00

If you have any questions or to make an appointment please call

Paul Surniak (719) 332-0024



Paul Surniak

PGA Professional Class A

Director of Instruction

2012 and 2013 Colorado Sect

ion of the PGA Teacher of the Year Nominee

Six Time Colorado Long Drive Champion and national qualifier

GRANT LIBRARY SUMMER READING PROGRAM (FLYER)



GRANT LIBRARY
SUMMER READING
PROGRAM

Read to the Rhythm

FREE!

June 10, 17, 24 & July 8
10:30 a.m. - 11:30 a.m.

Call 526-2350 for more information.

 More Events and Info at
MWRFortCarson.com

 Carson Grant
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)

 @carsonmwr
[#carsonmwr](https://twitter.com/carsonmwr)

 Grant Library
1637 Flint St., Bldg. 1528

HOUSING SURVEY

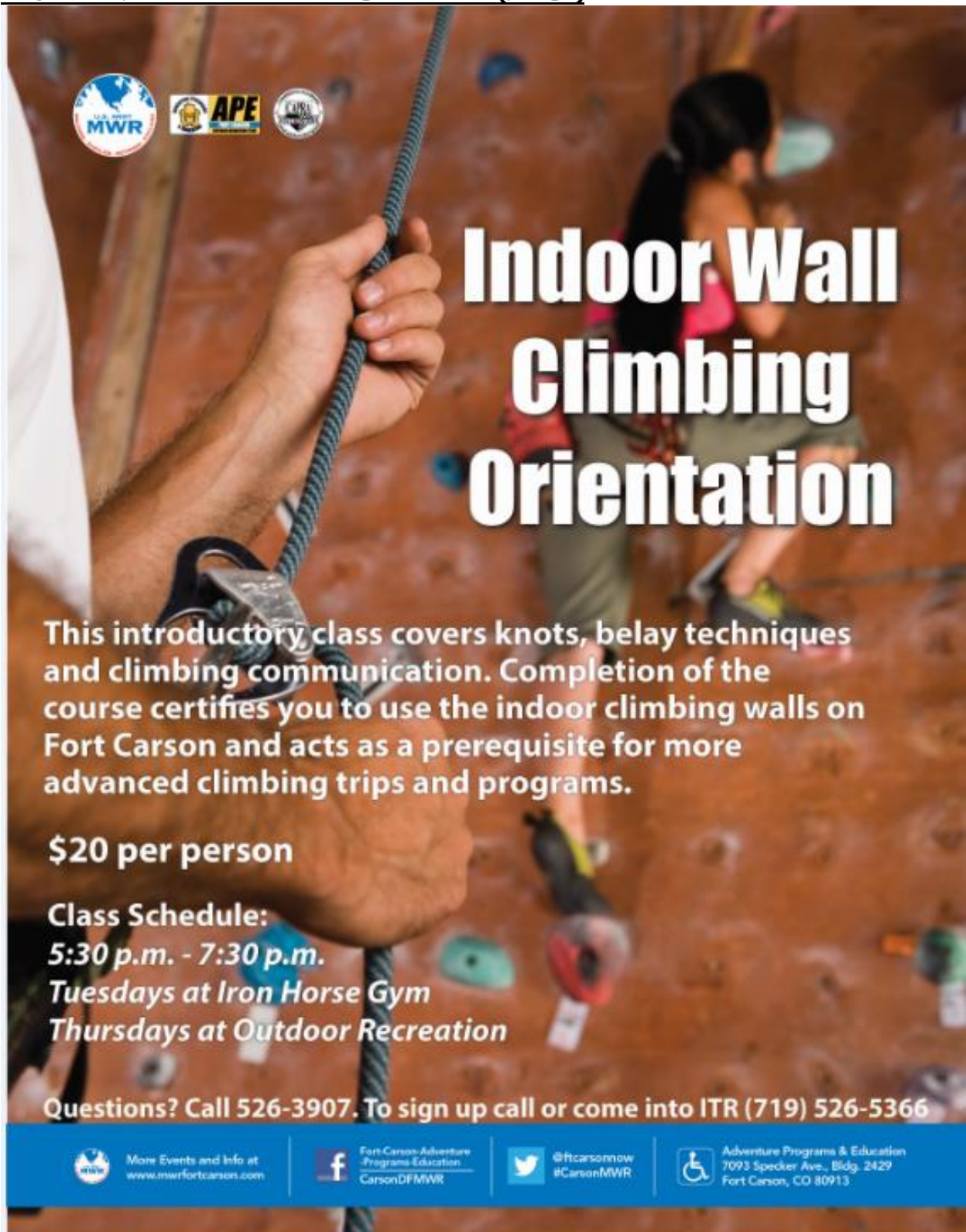
Fort Carson Family Housing members are invited to participate in the Headquarters Department of the Army (HQDA) Residential Communities Initiative (RCI) Resident Survey available online until May 15.




Residents who have an email account on file with Fort Carson Family Housing will receive email with the RCI survey link. Residents who do not have an email account on file with Fort Carson Family Housing can email ArmyHousingSurvey@celassociates.com with their name and street address and they will be sent the survey link to access.

According to HQDA, the information residents provide will guide the Army in development of future improvements to privatized housing facilities and services. The survey results are confidential. Participants have the opportunity to enter a prize drawing to be held at the close of the survey.

For more information, contact 526-0541.

INDOOR WALL CLIMBING ORIENTATION (FLYER)

The flyer features a background image of a person climbing an indoor rock wall. In the foreground, a hand is shown holding a blue rope. The text is overlaid on the right side of the image. At the top left, there are three logos: MWR, APE, and a circular logo with a mountain. The title 'Indoor Wall Climbing Orientation' is in large, bold, white letters. Below the title, a paragraph describes the class. Further down, the price '\$20 per person' is listed. The class schedule is provided in italics. At the bottom, contact information is given, including a phone number and a website. A blue footer bar contains social media links and a physical address.


Indoor Wall Climbing Orientation


This introductory class covers knots, belay techniques and climbing communication. Completion of the course certifies you to use the indoor climbing walls on Fort Carson and acts as a prerequisite for more advanced climbing trips and programs.


\$20 per person


Class Schedule:
5:30 p.m. - 7:30 p.m.
Tuesdays at Iron Horse Gym
Thursdays at Outdoor Recreation

Questions? Call 526-3907. To sign up call or come into ITR (719) 526-5366

 More Events and Info at www.mwrfortcarson.com


 Fort Carson Adventure Programs Education
CarsonDFMWR

 @Hcarsonnow
#CarsonMWR

 Adventure Programs & Education
7093 Specker Ave., Bldg. 2429
Fort Carson, CO 80913

INFLATABLE KYAKING TRIP (FLYER)



INFLATABLE KAYAKING


July 12; Aug. 8, 29; Sept. 4
7:30 a.m. - 3 p.m.


\$45

Learn about river safety and enjoy a day in the sun while exploring a class I-II section of the river. No experience necessary. Individuals must be able to swim and weigh a minimum of 100 lbs. and be 14 years of age or older.

Questions? Call 526-3907. To sign up call or come into ITR (719) 526-5366

 More Events and Info at MWRFortCarson.com

 [FortCarsonAPE](#)
[CarsonDFMWR](#)

 Follow us!
[@FortCarsonAPE](#)

 Outdoor Recreation Complex
7093 Specker Ave. Bldg. 2429

JUNIOR GOLF CAMPS (FLYER)



NOW ONLY \$49.00

***Enroll in the 2015 jr. camp today and be eligible to purchase
unlimited summer golf pass for \$50.00***

(if not in jr. camp pass is \$100.00)

Two Week Program

3 one hour group lessons per week at the Cheyenne Shadows Golf Academy

On the last class we will hold a golf tournament for all juniors.

Key Components -Fun!

Junior golfers of all skill levels, age 5-17 are encouraged to enroll.

Program Includes

Introduction to golf, safety, the course, basic setup and swing.
learn weight shift and balance.

Introduction to the fairway woods and driver. (Power drills)
learn proper technique for chipping and putting.

Stroke Play Tournament (includes, greens fee and clubs)

Dates & Times

June 9, 10, 11, 16, 17, 18 (23rd Tournament)

9:00	15 - 17 years	11:00	8-11 year
10:00	12 -14 years	12:00	5 -7 years

**If you have any questions or to make an appointment please call
Pro Shop (719) 526-4102 or Paul Surniak (719) 332-0024**



Paul Surniak

PGA Professional Class A

Director of Instruction

2012 and 2013 Colorado Section of the PGA Teacher of the Year Nominee

Six Time Colorado Long Drive Champion and national qualifier

China Tour Player



Fort Carson

K-9 DASH to Hawaii

Registration begins May 8 - May 29 at Waller PFC
Self-led walking/running program begins June 1 - Sept. 7



TRACK — YOUR — the weekly miles you run/walk with your dog.

GOAL: Walk 3,274 miles, the distance from Ft. Carson to Hawaii.

Prize Giveaways!

1st, 2nd and 3rd place prizes awarded on Sept. 12 between 3 p.m. - 4 p.m.

\$1 Dog Swim Passes for All Registrants.
Dog Swim: Sept. 12 at 4 p.m.

T-Shirts!

Available for the first 150 entries.

Open to all ages.

Remember to leash your pet.
Call to check breed restrictions.

Questions? Call 526-2742



More Events and Info at
MWRFortCarson.com



Ft. Carson Group Fitness
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



@CarsonMWR
#CarsonMWR



LUAU POOL PARTY (FLYER)



The flyer features a vibrant tropical theme with palm trees and flowers in shades of red, orange, and yellow. In the top right corner, there are two circular logos: one for CAPRA (Community Action Partnership for the Army Reserve) and another for U.S. Army MWR (Morale, Welfare, and Recreation). The main title, "Luau Pool Party", is written in a large, elegant, purple script font. Below it, the date "June 20, 2015" and the time "10 a.m. - 1 p.m." are also in script. The location, "Nelson Outdoor Pool", is written in a similar script font. A block of text in a bold, purple serif font describes the event: "Cool off from the summer heat at the Luau. Giveaways include games and goody bags for the whole family to enjoy." Below this, another block of text in a bold, purple serif font states: "Tickets cost \$1 per person and must be purchased in advance at the Nelson Indoor Pool, 6415 Specker Ave., Bldg 1925." At the bottom right, a bold black text line says "Questions? Call 526-4013". The bottom of the flyer is a blue banner containing four sections: a globe icon with the text "More Events and Info at MWRFortCarson.com", a Facebook icon with "Fort Carson Aquatics CarsonDFMWR", a Twitter icon with "@carsonmwr #CarsonMWR", and a wheelchair icon with "Ellis Outdoor Pool 5954 Ellis St., Bldg. 1231 Fort Carson, CO 80913". A small line of text at the very bottom reads "Information subject to change. Please call ahead for complete details."

Luau Pool Party

June 20, 2015
10 a.m. - 1 p.m.
Nelson Outdoor Pool

**Cool off from the summer heat at the Luau.
Giveaways include games and goody bags
for the whole family to enjoy.**

**Tickets cost \$1 per person and must be purchased in advance
at the Nelson Indoor Pool, 6415 Specker Ave., Bldg 1925.**

Questions? Call 526-4013

 More Events and Info at
MWRFortCarson.com

 Fort Carson Aquatics
CarsonDFMWR

 @carsonmwr
#CarsonMWR

 Ellis Outdoor Pool
5954 Ellis St., Bldg. 1231
Fort Carson, CO 80913

Information subject to change. Please call ahead for complete details.

MILITARY VETERANS EMPLOYMENT EXPO (FLYER)

The Military and Veterans Employment Expo (MVEE) takes place May 19-21 and is open to all active-duty, National Guard and Reserve Service members, veterans and their spouses. Dress code is business casual for May 19-20 from 8 a.m. to 5 p.m. at Pikes Peak Community College, 5675 S. Academy Blvd. The event includes industry specific panels (information technology, health care, manufacturing, customer service, transportation and federal, state and local government) followed by training sessions, working with mentors and preparing to communicate job skills. Also offered will be specialty classes for the wounded, ill and injured, spouse-specific assistance and speed networking sessions. One-on-one assistance will be available in computer labs to help with resume writing and interviewing tips. May 21 activities will be held from 10 a.m. to 3 p.m. at the Expo Center, 3650 N. Nevada Ave., and include more than 175 companies. Participants attending at least one session May 19-20 can get in at 9 a.m. The collaborative effort affords military members, veterans, and spouses an opportunity to reach a broader audience of perspective employers. Attendees are encouraged to register at <http://www.mvee.org>.



MILITARY VETERANS EMPLOYMENT EXPO



**OPEN TO ALL ACTIVE DUTY, NATIONAL GUARD AND RESERVE
SERVICE MEMBERS, VETERANS, AND THEIR SPOUSES!**

INDUSTRY SPECIFIC TRAINING

**MAY 19-20, 2015
8:00AM - 5:00PM**

PIKES PEAK COMMUNITY COLLEGE
5675 SOUTH ACADEMY BLVD.

MORNING & AFTERNOON SESSIONS:

- Industry Specific Panels followed by Breakout Sessions with ACTUAL Hiring Managers providing their Hiring Process, Resume & Interviewing Tips.

CHOOSE FROM:

IT • HEALTHCARE • MANUFACTURING • CUSTOMER SERVICE
TRANSPORTATION • FEDERAL, STATE, LOCAL GOVERNMENT & MORE

- Specialty Classes: Wounded, Ill & Injured and Spouse Specific

PLUS: One-on-One Assistance and Hire Heroes USA will be teaching additional basic resume, networking and interviewing classes on both days.

DRESS CODE: BUSINESS CASUAL

EMPLOYMENT EXPO

**MAY 21, 2015
10:00AM - 3:00PM**

MORTGAGE SOLUTIONS FINANCIAL
(FORMERLY FREEDOM FINANCIAL EXPO CENTER)
3650 NORTH NEVADA AVENUE

**OVER 175 EMPLOYERS WITH
CAREER OPPORTUNITIES!**

Also Available:
RESOURCES AND EDUCATIONAL INSTITUTIONS

INCENTIVE:

Beat the Crowd and get in Early @ 9am
If you Attend One or More of the
Industry Specific Panels & Breakout
Sessions on May 19-20.

DRESS CODE: BUSINESS

REGISTER TODAY @ WWW.MVEE.ORG

VIRTUAL HIRING EVENT WILL BE HELD MAY 1-31 WITH EMPLOYERS FROM THE MVEE, PLUS MORE...

2015 MVEE SPONSORS & PARTNERS



COLORADO
Department of
Labor and Employment



UCCS



OPERATION PURPLE TETON SCIENCE SCHOOLS SUMMER CAMP (FLYER)

Teton Science Schools in Jackson, Wyoming is offering a free summer camp from July 13-17, 2015 for military kids who are between the ages of 11 and 17 and who have parents who have been, are currently, or will be deployed. The camp is co-sponsored by Operation Purple - a program of the National Military Family Association.

FREE SUMMER CAMP FOR MILITARY KIDS

at Teton Science Schools

For ages 11-17 • July 13-17, 2015

**Embark on an adventure of a lifetime
in beautiful Jackson Hole, Wyoming!**



Join military kids from across the country in an exciting exploration of the natural wonders of Grand Teton National Park.



- Canoe glacially carved lakes
- Develop your outdoor leadership skills on the Doug Walker Challenge Course
- Hike the trails
- Make a difference through service projects in this inspiring landscape!



**Come make new friends and celebrate being
a military kid while having fun in the Tetons!**



**OPERATION
PURPLE®**

A Program of the
National Military
Family Association

**The National Military Family Association's
Operation Purple® camps offer a **free week**
of fun for military kids with parents who have been,
are currently, or will be deployed.**

PARK TOOL SCHOOL (FLYERS)



The flyer is for the Park Tool School, featuring a light blue background. At the top left are logos for MWR, Fort Carson, and Park Tool. The main title 'Park Tool School' is in large orange letters. Below it, the text 'Learn how to maintain, prepare and ride your bike like a pro!' is in black. The flyer is divided into three sections: 'Park Tool School:', 'How to Mountain Bike:', and 'Park Tool School: New Rider Maintenance'. Each section provides details on dates, times, and costs. At the bottom right is an illustration of a bicycle with various tools and gears floating around it. The footer contains contact information and social media links.

Prepare for Biking Season!

Park Tool School

Learn how to maintain, prepare and ride your bike like a pro!

Park Tool School:
Taken from the Park Tool School curriculum, this intermediate 8-hour course takes place over 3 evening sessions.
Class includes the official "Big Blue Book of Bicycle Maintenance" by Park Tool.
Date: Apr. 21, 28; May 5; Aug. 12, 19, 26
Time: 5:30 p.m. – 8 p.m.
Price: \$65 for all three dates

How to Mountain Bike:
Challenge yourself by making the transition to mountain biking! Learn to ride over obstacles, climb, descend and turn in rough terrain.
Weekday Dates: June 23; July 21; Aug. 7
Weekday Time: 5 p.m. – 8 p.m.
Weekend Dates: Sept. 5, 26; Oct. 17
Weekend Time: 9 a.m. – 1 p.m.
Cost: \$15 includes bike rental

Park Tool School:
New Rider Maintenance
Learn to work on your own bike using official Park Tool curriculum. Class covers tire repair, bike cleaning, shifting/braking adjustments and identifying issues that require professional services.
Dates: July 15, Sept. 9
Time: 5:30 p.m. – 8:30 p.m.
Cost: \$15

Questions? Call 526-3907

 More Events and Info at www.mwrfortcarson.com |  Fort Carson Adventure Programs Education [CarsonDFMWR](#) |  @FortCarsonAPE #CarsonMWR |  Adventure Programs & Education 7093 Specker Ave., Bldg. 2429 Fort Carson, CO 80913

PPSGMA GOLF SCRAMBLE

The Pikes Peak Sergeants Major Association will be holding its Fourth Annual Golf Scramble at the Country Club of Colorado in Colorado Springs May 22. For more information, visit the PPSGMA at <http://www.sgmaco.org> or contact Sgt. Maj. James Atchison at 503-0571.

RESILIENCE CLASSES (FLYER)



Army Community Service RESILIENCE CLASSES 2015

ACS Building 1526

Are you feeling overwhelmed? Need help with goal setting? Letting catastrophic thinking take over? Then resilience classes may be for you! Participants learn about resilience and the competencies that contribute to it: Self-Awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character, and Connection. Grow and thrive in the face of challenges and bounce back from adversity.

Hunt the Good Stuff / ATC	19 March	9 - 12 or 6 - 9 pm
Energy Management	16 April	9 - 12 or 6 - 9 pm
Avoid Thinking Traps	21 May	9 - 12 or 6 - 9 pm
Detect Icebergs	18 June	9 - 12
Problem Solving	16 July	9 - 12 or 6 - 9 pm
Put It In Perspective	20 Aug	9 - 12 or 6 - 9 pm
Mental Games	17 Sep	9 - 12 or 6 - 9 pm
Real Time Resilience	22 Oct	9 - 12 or 6 - 9 pm
Character Strengths	19 Nov	9 - 12 or 6 - 9 pm
Assertive Communication	17 Dec	9 - 12

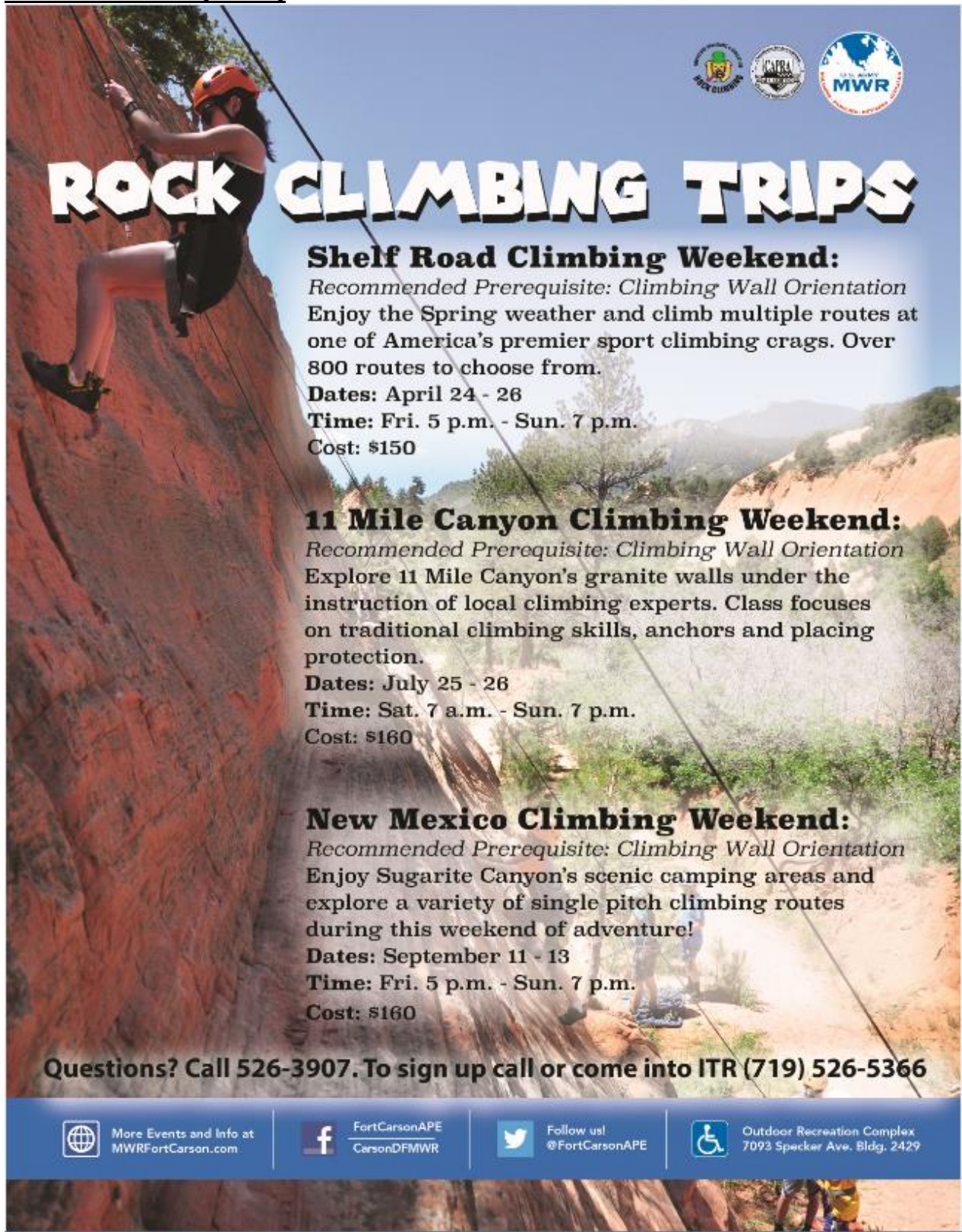
For more information, please call (719) 526-1899 or visit the ACS website at
www.carson.army.mil/acs

ACS also offers one on one Resilience Coaching. Call 524-1899 for more information.



Eventbrite

ROCK CLIMBING (FLYER)

A flyer for rock climbing trips. The background is a photograph of a person in a black tank top and orange helmet climbing a red rock face. In the top right corner, there are three circular logos: a green one with a mountain, a black one with 'CAPRA', and a blue one with 'MWR'. The title 'ROCK CLIMBING TRIPS' is in large, bold, white letters with a black outline. Below the title, there are three sections for different climbing weekends, each with a title, a recommended prerequisite, a description, dates, time, and cost. At the bottom, there is a line of text for questions and sign-up information, followed by a blue footer bar with social media and contact information.


ROCK CLIMBING TRIPS


Shelf Road Climbing Weekend:
Recommended Prerequisite: Climbing Wall Orientation
Enjoy the Spring weather and climb multiple routes at one of America's premier sport climbing crags. Over 800 routes to choose from.
Dates: April 24 - 26
Time: Fri. 5 p.m. - Sun. 7 p.m.
Cost: \$150


11 Mile Canyon Climbing Weekend:
Recommended Prerequisite: Climbing Wall Orientation
Explore 11 Mile Canyon's granite walls under the instruction of local climbing experts. Class focuses on traditional climbing skills, anchors and placing protection.
Dates: July 25 - 26
Time: Sat. 7 a.m. - Sun. 7 p.m.
Cost: \$160


New Mexico Climbing Weekend:
Recommended Prerequisite: Climbing Wall Orientation
Enjoy Sugarite Canyon's scenic camping areas and explore a variety of single pitch climbing routes during this weekend of adventure!
Dates: September 11 - 13
Time: Fri. 5 p.m. - Sun. 7 p.m.
Cost: \$160

Questions? Call 526-3907. To sign up call or come into ITR (719) 526-5366

 More Events and Info at MWRFortCarson.com

 [FortCarsonAPE](#)
[CarsonDFMWR](#)

 Follow us!
[@FortCarsonAPE](#)

 Outdoor Recreation Complex
7093 Specker Ave. Bldg. 2429



ROCK CLIMBING

Morning in the Garden:

Recommended Prerequisite:

Climbing Wall Orientation

Experience a morning rock climbing adventure and ascend the rock formations in the Garden of the Gods.

Class meets at Garden of the Gods Visitor Center.

Dates: April 18;

May 9; October 10

Times: 9 a.m. – 12 p.m.

Cost: \$35

Outdoor Rock:

Recommended Prerequisite:

Climbing Wall Orientation

Learn the skills to start climbing on your own. These full-day courses cover technical aspects of climbing, like basic anchors, route cleaning, rappelling, and beginner lead climbing.

Dates:

June 13; July 11;

August 22; September 26

Time: 7:30 a.m. – 4 p.m.

Cost: \$50

To sign up:

Stop in or Call ITR 526-5366

Evening in the Garden:

Recommended Prerequisite:

Climbing Wall Orientation

Experience a "Purple Mountains

Majesty" during Colorado

twilight hours. Evening rock

climbing class meets at Garden

of the Gods Visitor Center.

Dates: June 10, 24; July 8

(July 22 Make Up Rain Date)

Times: 5:30 – 8:30 p.m.

Cost: \$35

Questions? Call 526-3907



More Events and Info at
www.mwrfortcarson.com



Fort-Carson-Adventure
-Programs-Education
CarsonDFMWR



Follow us!
@ftcarsonnow



Adventure Programs & Education
7093 Specker Ave., Bldg. 2429
Fort Carson, CO 80913

ROCKY MOUNTAIN ADVENTURE CAMP FOR MILITARY YOUTH (FLYER)



Rocky Mountain Adventure Camp for Military Youth

Week #1 June 15-18
Week #2 June 22-25
Week #3 July 6-9
Week #4 July 13-16
Week #5 July 20-23



Are you a military teen who is 14 – 18 years old and ready for high adventure?

Join us at Rocky Mountain Adventure Camp at Colorado State University's Pingree Park campus nestled in the Rocky Mountains at 9,000 feet. We offer world class hiking to surrounding peaks including a B-17 Air Force crash site from 1946, ropes course and white water rafting. Combine this with our Strength-based Leadership Training and you will have the best camp ever for Military Teens! The counselors are fabulous, facilities incredible, and the food is great. Meet other military teens from across the nation.

The cost is only \$25 for registration! Registration is on a first come first served basis. Visit our Facebook page to see what others say about camp:

<https://www.facebook.com/groups/RMAC2011/>

Registration:

<https://campsself.active.com/RockyMountainAdventureCampColoradoStateUniversityMilitaryYouth> Space is limited, so register now!

militarypingree@gmail.com

ROD BENDERS SHOW AND SHINE (FLYER)



The flyer features a central gear-shaped logo with the text "FORT CARSON AUTO SKILLS" at the top, "ROD BENDERS" in large letters in the middle, "SHOW AND SHINE" below it, and "FREE" at the bottom. The background is a textured, light brown color. At the bottom right, there is an illustration of a car wheel and several tires. The bottom of the flyer has a blue banner with contact information and social media links.

FORT CARSON AUTO SKILLS

ROD BENDERS

SHOW AND SHINE

FREE

April 16, May 14, June 11, July 16
5:00 p.m. - 8:00 p.m.

- Come and hang out with us at the Fort Carson Rod Benders Show and Shine!
- Meet with other car enthusiasts and show off your SWEET ride!
- All vehicles are welcome!
- Food and refreshments are provided.
- Open to the Public
Ages 16 and up
- Auto Skills
Bldg. 2427 Wetzel Ave.
Fort Carson, CO. 80913

Questions? Call 526-2147

 More Events and Info at MWRFortCarson.com

 Fort Carson Auto Craft
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)

 @carsonmwr
#carsonmwr

 Fort Carson Auto Skills
7001 Wetzel Ave. Bldg. 2427

SKI & SNOWBOARD IN THE SUMMER (FLYER)



Ski & Snowboard in the Summer

Spend a summer day in fresh powder on
the snowy slopes of the Rocky Mountains.
Trip heads to scenic Arapahoe Basin.

Date: June 14

Time: 6 a.m. - 6:30 p.m.

Price: \$65 (includes lift ticket & transportation)

Questions? Call 526-3907. To sign up call or come into ITR (719) 526-5366



More Events and Info at
www.mwrfortcarson.com



Fort-Carson-Adventure
Programs-Education
CarsonDFMWR



@ftcarsonnow
#CarsonMWR



Adventure Programs & Education
7093 Specker Ave., Bldg. 2429
Fort Carson, CO 80913

SPECIAL FORCES CHALLENGE (FLYER)



DO YOU HAVE WHAT IT TAKES TO SURVIVE THE ARMY'S ELITE SPECIAL FORCES GREEN BERET OBSTACLE RACE?

**THIS DEMANDING 5K OBSTACLE RACE WILL TEST EVERY ASPECT OF YOUR
PHYSICAL ABILITY WHILE BENEFITING THE COMMUNITY WITH 100% OF THE
PROCEEDS GOING DIRECTLY TO THE SPECIAL FORCES SCHOLARSHIP FUND.**

**SATURDAY
JUNE 6
2015 • 8 AM**

LOCATION: Fort Carson, Special Forces Compound

COST: \$30 per person

ONLINE REGISTRATION: RunningGuru.com/Event/13500

Made Possible By:



**For more information, sponsorship and donation opportunities
contact Gary Bloomberg at 10@SFScholarshipFund.org or visit
SFScholarshipFund.org.**

Facebook Page: <http://www.facebook.com/pages/Special-Forces-Challenge/426987584105659>

Please note the age requirement to register and participate is 14 years of age. The Special Forces Scholarship Fund is a 501 (C)(3) that provides educational scholarships to the sons and daughters of our Green Berets.



STRONG B.A.N.D.S. (FLYER)



May is Army-wide STRONG B.A.N.D.S. month!

Take part in FREE programs offered by Fort Carson Fitness Centers during May! Strong B.A.N.D.S. energizes and inspires communities Army-wide to commit to healthy lifestyles that support resiliency.

Check out all the Fort Carson Fitness Center Strong B.A.N.D.S. Challenges:

PIKES PEAK TREADMILL

CLIMBING CHALLENGE:

The fitness gurus at your MWR Physical Fitness Centers challenge you to climb the infamous Pikes Peak, an elevation of 14,110 feet! Challenge begins 1 May 2015 and runs throughout the month. Start with a leg up at the Pikes Peak Portal (elevation: 7,400 feet), where most hikers begin their ascent. Log your vertical distance using any MWR Fitness Center treadmill and begin your journey to reach the summit – only 6,710 feet to go! Register at Garcia Physical Center. Call Darlene at 719-526-3944 for more information.

IRON HORSE PFC TRX

SUSPENSION CHALLENGE:

TRX 40/40 Challenge at Iron Horse PFC May 26-28 from 6:30 p.m. to 8:30 p.m. Best time wins a custom Iron Horse t-shirt! For more information call Nick Nicholson at 719-526-2706.

MCKIBBEN PFC BODY WEIGHT CHALLENGE:

Wednesday and Fridays from 5:30 a.m. - 7 a.m.
New challenge each session. Best time wins a custom McKibben t-shirt!

WALLER PFC FUNCTIONAL FITNESS CHALLENGE:

Tuesdays and Thursdays from 5:30 a.m. - 7 a.m.
New challenge each session. Best time wins a custom Waller t-shirt!

IRON HORSE PFC RAQUETBALL TOURNAMENT:

Free raquetball tournament on May 23-24! Open to A, B, & C Divisions. Registration Deadline: May 20.

Call Kareem at 719-526-2597 for more information on the Body Weight Challenge, Functional Fitness Challenge and Raquetball Tournament.

* All information subject to change.



More Events and Info at
MWRFortCarson.com



Ft. Carson Group Fitness
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



@CarsonMWR
#CarsonMWR



VACATION BIBLE SCHOOL (FLYERS)

MARK YOUR CALENDARS

**Vacation
Bible
School**

JUNE 8-12
Ages 4—completed 5th grade

EVEREST
Conquering Challenges with
God's Mighty Power

**WAY TO
BASE CAMP**

For additional information contact a Director of Religious Education:
Pat Treacy 719-524-2458
Heidi McAllister heidi.a.mcallister.civ@mail.mil

VIETNAM VETERANS WELCOME HOME CEREMONY (FLYER)



MWR

“THE MOVING WALL”

Visit the Vietnam Combat Veterans - The Moving Wall June 11 - June 14 at Fort Carson

F O R T C A R S O N D F M W R P R E S E N T S

VIETNAM

V E T E R A N S W E L C O M E H O M E C E R E M O N Y

<p>Ceremony: June 11, 2 p.m. at the Kit Carson Memorial Park, outside Fort Carson's Gate 1 off Hwy 115.</p> <p>Parking: I.D. Card Holder must park in designated event parking lot inside of Gate 1.</p> <p>Parking for the Public is across Hwy 115 at the Cheyenne State Park. Shuttle Service is provided.</p>	<p>Veterans: Please allow Fort Carson and the Colorado Springs Community to Welcome You Home!</p> <p>Public: Please help Fort Carson give our Heros the homecoming they deserve.</p>	<p>The Moving Wall is on display beginning June 11 at 12 p.m. until 8 a.m. June 15. Available 24 hours a day, at the Kit Carson Memorial Park, outside Fort Carson's Gate 1 off Hwy 115.</p>	<p>Volunteer Opportunity: Please call if you or your organization is interested in being a volunteer. (719) 526-1082</p> <p>For information call (719) 526-1867</p>
---	--	---	--

 facebook.com/CarsonMWRvents
www.mwrfortcarson.com

To participate as an Exhibitor please call (719) 524-4495 or write to anne.c.connor.naf@mail.mil

WHITE WATER RAFTING (FLYER)

White Water Rafting

Whitewater Rafting:

Enjoy a fun and wild ride through Big Horn Sheep Canyon on the mighty Arkansas River. Your role is key as your guide calls out commands and steers you through some of Colorado's rapids.

No experience is necessary.

(Individuals must be able to swim, weigh a minimum of 60 lbs., and be at least 8 years old)

Spots fill up quickly, so reserve your trip today!

Dates: Every Friday, Saturday or Sunday starting May 30 until August 9

Cost: \$50 per individual, \$47 per person for groups of 5 or more.

Time: 7 a.m. - 3 p.m.



Royal Gorge

Whitewater Rafting:

Join us on this Big Horn Sheep rafting trip, and ride the rapids of the Royal Gorge. (Individuals must be able to swim aggressively, weigh 100 pounds, and be 16+ years of age). Only 12 spots available, so reserve your trip today!

Dates: July 19th

Cost: \$90 per person. Includes lunch.

Time: 7 a.m. - 4 p.m.



More Events and Info at
MWRFortCarson.com



Fort Carson Adventure
Programs-Education
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



@ftcarsonnow
[#CarsonMWR](https://twitter.com/CarsonMWR)



Adventure Programs & Education
7093 Specker Ave., Bldg. 2429
Fort Carson, CO 80913



Family Full Day:

Whitewater rapids, swimming, splashing, and play are the emphasis on this Family Full Day excursion on the Arkansas River. Journey twice the distance of our regular raft trip!

No experience necessary. (Individuals must be able to swim, weigh a minimum of 60 lbs., and be 8+ years old)

Dates: July 18th, August 1

Cost: \$70 per person, includes lunch; \$50 for ages 8-14.

Time: 7 a.m. – 5 p.m.

Overnight Raft Trip:

Experience exhilarating whitewater during the day and sleep under the stars in Brown's Canyon.

This section of the Arkansas River is one of the most scenic runs in Colorado. There's nothing like whitewater, camping, having fun with friends, and getting away from it all while on the river!

Dates: June 27-28; July 4-5; July 11-12

Cost: \$155 per person

Time: Saturday 8 a.m. to Sunday 5 p.m.

Questions call 526-3907. To sign up call or come into ITR (719) 526-5366



More Events and Info at
MWRFortCarson.com



Fort-Carson-Adventure
Programs-Education
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



@ftcarsonnow
[#CarsonMWR](https://twitter.com/CarsonMWR)



Adventure Programs & Education
7093 Specker Ave., Bldg. 2429
Fort Carson, CO 80913

WORLD'S LARGEST SWIMMING LESSON (FLYER)

The World's Largest Swimming Lesson™

**June 18, 2015
At Ellis Outdoor Pool**

FREE!
AGES 3-14

**Open to all Soldiers and
their family members.**

The nation's top water safety and training organizations are joining forces to present The World's Largest Swimming Lesson™ (WLSL). On June 18, waterparks, pools and other aquatic facilities around the globe will host a local WLSL lesson starting at 10 a.m. in an attempt to break the Guinness World Record.
*Class duration is based on student occupancy.

Questions? Call 526-4013

More Events and Info at
MWRFortCarson.com

Fort Carson Aquatics
CarsonDFMWR

@carsonmwr
#CarsonMWR

Ellis Outdoor Pool
5954 Ellis St., Bldg. 1231
Fort Carson, CO 80913

Information subject to change. Please call ahead for complete details.

****This e-mail is for informational purposes only. Distribution of this information does not express nor imply endorsement by Fort Carson or the US Army. Private Organizations are not affiliated with Fort Carson or the US Army.**